

# Wellness Works!

*A seasonal source for fitness, health and wellness information.*

The LCG Enrichment Center of Lee County - 1615 S. Third St., Sanford, NC 27330 919-776-0501

## Winter Safety

**Brr... It's cold outside!!**

*Winter safety tips we all should keep in mind this time of year!*

### **Get Weather Updates Before Venturing Out:**

When it comes to winter weather, planning ahead is always wise—especially if you are driving. You have heard it before, but it bears repeating: keep a blanket in the car, along with extra gloves and warm socks.

**Dress for the Cold:** We grow more sensitive to temperatures as we age. Be sure to cover all exposed skin when you go outside in the winter. Layering your clothing is a great way to stay warm, but also to ensure that you will be comfortable when you get to your destination.

**Be Ready in Case of a Power Outage:** Start by keeping one good working flashlight next to the bed, in an easy-to-reach place, and another near your favorite chair.

**Stock Up:** Grab the essentials! It is important to have some extra food and water handy in case you cannot get out for a few days. Also, **keep your prescriptions current**—do not let them run low; try to have a week's worth of medications in your cupboard all winter.

**Stay Hydrated:** Even in the winter, you should drink as much water as you do in the summer. Water plays a big part in keeping our body fluids balanced and our skin looking clear, bright, and healthy. Water also give you energy—an issue for many people during the dark, dreary winter months.

**Be prepared and stay safe!**

## How to Overcome the Winter Blues

The holidays are over, the days are still short and cold, and spring feels like a loooong way off. But that doesn't mean you're doomed to feel down. In fact, the happiest people in the world live somewhere with *really* limited daylight hours—Denmark. Their secret is "hygge," a sense of comfort, togetherness, and well-being, says Meik Wiking, CEO of the Happiness Research Institute in Copenhagen and author of *The Little Book of Hygge*.

**Here's how you can incorporate elements of that philosophy into your everyday life—and stay cheery all season long.**

- **Light a bunch of candles:** Candles add to the happy atmosphere by providing a soft, warm atmosphere, with light that is similar to what you'd find in the hour after sunrise or before sunset.
- **Start a new winter tradition:** Spending lots of time with friends and family is crucial to a sense of hygge.
- **Find a cause you care about:** Whether you take on a project in your school, community, or a larger organization, it gives you a sense of personal purpose.
- **Indulge a little:** Giving yourself a treat is central to hygge, so pastries, hot chocolate, and cake are plentiful. But that doesn't mean you can't balance hygge and healthy eating.
- **Create a cozy nook:** This translates as a nook—the place you snuggle up with a blanket, a mug of tea, and a good book.
- **Take time to recharge:** Breaks are essential to creativity and innovation.
- **Get outside:** Bundle up and head outside to get some fresh air!

## UNLEASH THE POWER OF AGE!

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## It's the most soup- inspiring time of the year!

It's the season for crackling fires in the fireplace, fuzzy socks and slippers, and warm-you-to-the-bone comfort food. When frigid cold weather rolls in, we love nothing more than hunkering down in our coziest attire (*hello loungewear!*) over a piping bowl of soul-warming soup. And don't forget the dipping bread!

### *Creamy Chicken Wild Rice Soup (Slow Cooker)*

#### *Ingredients*

- 1 cup uncooked wild rice blend (NOT parboiled)
- 1 pound boneless, skinless chicken breast
- 1 cup onions, chopped
- 3/4 cup celery, chopped
- 3/4 cup carrots, chopped
- 4-5 cloves garlic, minced
- 2 bay leaves
- 6 cups low sodium chicken broth
- 2 cups water (or additional chicken broth)
- 2 tablespoons salt-free seasoning blend (such as Trader Joe's 21 Seasoning Salute OR Mrs. Dash's Original Blend)
- 3 tablespoons butter
- 2 tablespoons olive oil (or substitute more butter)
- 1/2 cup all purpose flour
- 2 cups milk
- salt and pepper to taste

#### *Instructions*

1. Rinse the rice under running water. Place the uncooked rice, chicken breast, onions, celery, carrots, garlic, bay leaves, chicken broth, water, and the seasoning blend in a slow cooker. Cover and cook on the high setting for 3-4 hours or on the low setting for 7-8. In the last 1/2 hour of cooking, remove the chicken from the slow cooker. Allow to cool slightly before shredding using two forks.
2. When the rice is done cooking, add the shredded chicken back into the slow cooker. Melt the butter and oil in a saucepan. Add the flour and let the mixture cook for 1 minute. Whisk the mixture slowly while adding in the milk. Continue to whisk until all lumps have dissolved. Allow the mixture to thicken and become creamy.
3. Add this creamy mixture to the slow cooker. Stir to combine. Add additional water or milk to your preference if the consistency is too thick. Season with salt and pepper to taste.

**Notes:** To make the soup richer and creamier, replace some or all of the milk with half and half. Keep in mind the soup will thicken as it sits. Leftovers should be placed in a Tupperware container and refrigerated. Additional milk or water may be added to adjust the consistency of the soup when reheating.

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## Our Fitness Programs Rock!

Try a Class for FREE!

### The Fitness Room\*

Monday—Friday by appointment only.

Available to participants who have completed orientation. Call (919) 776-0501 ext. 2208 to make an appointment. Five participants are allowed per appointment slot. Cleaning takes place between appointments.

\$1 (Free to Silver Sneakers Participants)

**Walking Trail** – ¼ mile around the perimeter of the property. NO Charge.

### **Morning Yoga**

Monday & Friday 8:30-9:30am \$10 per month

\*Participants should bring their own equipment—mats, blocks, straps, & kneeling pads

### **On The Move**

Tuesday & Thursday

10-10:30am NO charge.

### **Advanced Tai Chi**

Monday & Friday

10:30-11:30am \$10/month

### **Fit & Tone**

Tuesday & Thursday

8:30-9:30am \$10/ month

### **Evening Yoga**

Tuesday & Thursday

5:30-6:30pm \$10/month

### **Virtual Yoga**

Tuesday & Thursday

11-00am-12pm \$10/month

(\*Fitness room is open to Lee Co. residents age 50 and better. All adults are welcome to fill available class spaces)

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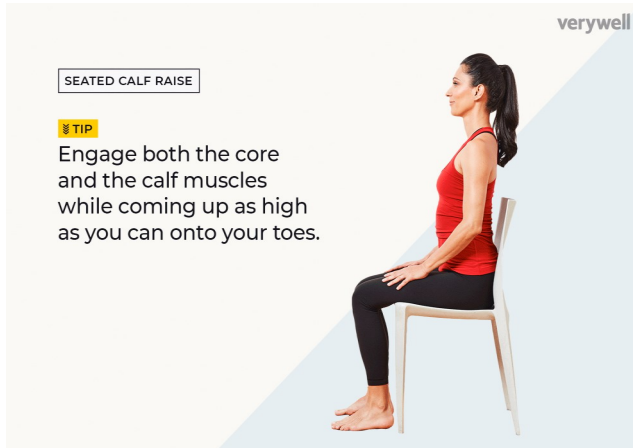
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Calf raises can increase strength and mobility through the lower leg, and can be done sitting down.

1. Sitting tall in a chair with feet planted flat on the floor about hip-distance apart, engage your core and look straight ahead.
2. Start with the right foot and lift your heel from the ground as high as you can, trying to raise up as high as you can on your toes, engaging the calf as you perform the exercise. Lower the heel back to the floor and repeat to complete a set of 10 repetitions.
3. Repeat the movement with the left leg.

\*Perform three sets of 10 reps per leg.

After performing the initial sets, add two more sets of 10 repetitions, this time lifting both heels simultaneously. At the end of the last set, hold the heels lifted from the floor for 20 seconds.

## Sit-and-Stands

1. Start seated in a sturdy chair, feet planted on the floor about hip-distance apart.
2. Using as little assistance from hands or arms as possible, engage your core, and tip forward from the hips.
3. Press your weight through all four corners of your feet and push yourself to stand, extending your knees and hips fully.
4. Reverse the movement, pressing your hips back and bending your knees to carefully lower yourself to the seated position.

### Modification

If you can't press all the way to a standing position, simply shift your weight forward and lift your glutes an inch or two from the chair seat and hold for a second before lowering back down. Over time, work on developing



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